

Chicken Curry Casserole

Meal Components: Vegetable, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-55r

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 8 oz	3 3/4 cups	3 lb	1 qt 3 1/2 cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes. 5. Remove from oven and let stand covered for 5 minutes.
Canola oil		1/4 cup		1/2 cup	6. Cook oil and broth over medium heat for 5 minutes.
Low-sodium chicken broth		1 cup		2 cups	
*Fresh carrots, shredded	1 lb 1 1/2 oz	1 qt 1 cup	2 lb 3 oz	2 qt 2 cups	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.

*Fresh onions, chopped 1/2"	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup	
Curry powder		3 Tbsp		1/4 cup 2 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		1 1/2 Tbsp		3 Tbsp	
Ground black pepper		3/4 Tbsp		1 1/2 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Low-fat yogurt, plain	1 lb	2 cups	2 lb	1 qt	

Frozen, cooked fajita chicken strips, thawed, diced 1"	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle (3/4 cup)
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Notes

Our Story

The students of Garfield Elementary School were eager to accept the challenge of the Recipes for Healthy Kids Competition. They met to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

Garfield Elementary School

Washington, District of Columbia

School Team Members

School Nutrition Professional: Danielle Schaub, RD (Registered Dietitian, Chartwells-Thompson)

Chef: Clay Berry (Executive Chef, Chartwells-Thompson)

Community Member: Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)

Students: Mark K., Carmen J., and Samya C.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	1 lb 6 oz	2 lb 12 oz
Celery	14 oz	1 lb 12 oz
Mature onions	13 oz	1 lb 10 oz

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb 8 oz 50 Servings: about 21 lb	25 Servings: about 1 gallon 1 ¼ quarts 50 Servings: about 2 gallons 2 ½ quarts

Nutrients Per Serving					
Calories	220	Saturated Fat	1 g	Iron	1 mg
Protein	14 g	Cholesterol	51 mg	Calcium	65 mg
Carbohydrate	26 g	Vitamin A	3162 IU	Sodium	564 mg
Total Fat	6 g	Vitamin C	3 mg	Dietary Fiber	3 g